

WE CLAIM:

1. A stable, dried bacteria composition, comprising effective amounts of:

a bacteria;

a dried, non-viable yeast; and

protein.

2. The stable, dried bacteria composition of claim 1, wherein the bacteria is selected from the group consisting of *Lactobacillus bulgaricus*, *Lactobacillus casei*, *Lactobacillus germentum*, *Lactobacillus helveticus*, *Lactobacillus bifidus*, *Lactobacillus lactis*, *Lactobacillus delbrueckii*, *Lactobacillus thermophilus*, *Lactobacillus fermenti*, *Lactobacillus coryniformis*, *Lactobacillus curvatus*, *Lactobacillus buchneri*, *Lactobacillus fermentum*, *Lactobacillus viridescens*, *Lactobacillus amylovorus*, *Lactobacillus amylophilus*, *Lactobacillus pentosaceus*, *Lactobacillus salivaroos*, *Lactobacillus brevis*, *Lactobacillus leichmannii*, *Lactobacillus plantarum*, *Lactobacillus cellobiosus*, *Propionibacterium shermanii*, *Streptococcus lactis*, *Streptococcus cremoris*, *Streptococcus diacetylactis*, *Streptococcus thermophilus*, *Streptococcus faecium*, *Streptococcus faecalis*, *Pediococcus cerevisia*, *Pediococcus acidilactici*, *Pediococcus pentosaceus*, *Leuconostoc cremoris*, *Leuconostoc dextranicum*, and *Leuconostoc mesenteriodes*.

3. The stable, dried bacteria composition of claim 1,
wherein the bacteria component comprises from about 0.1% to about
10% of the total mass of the composition.

4. The stable, dried bacteria composition of claim 1,
wherein the yeast is selected from the group consisting of
Brewer's and Baker's yeast.

5. The stable, dried bacteria composition of claim 1,
wherein the yeast component comprises from about 2.5% to about
20% of the total mass of the composition.

6. The stable, dried bacteria composition of claim 1,
wherein the protein component is selected from the group
consisting of whey and soy protein concentrates.

7. The stable, dried bacteria composition of claim 1,
wherein the protein component comprises from about 25% to about
98% of the total mass of the composition.

8. A nutritional supplement containing the stable, dried
bacteria composition of any of claims 1-7.

9. A method of improving the health of a mammal comprising
administering the nutritional supplement of claim 8.

10. A method of reducing lactose intolerance in humans comprising administering the nutritional supplement of claim 8.

11. A method of preserving foods comprising adding a stable, dried bacteria composition of any of claims 1-7 to food.



add 7
add B'7
add D3

Add 71

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